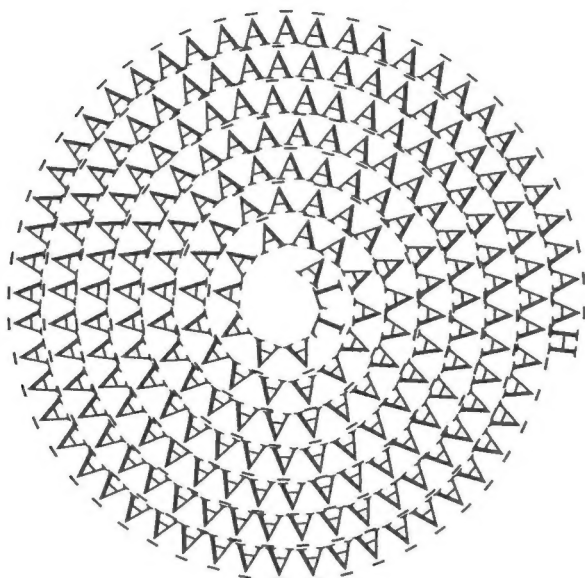


Sound Practice



The Shādhūlī School
Green Mountain
Virginia

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

BISMI-LLĀHI-R-RAḤMĀNI-R-RAḤĪM

In the Name of Allāh, The Mercy Full, The Mercy Bestowing

الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ . الرَّحْمَنِ الرَّحِيمِ

AL-ḤAMDU-LI-LLĀHI RABBI-L-ĀLAMĪN • AR-RAḤMĀNI-R-RAḤĪM

*Praise to Allāh, Sustaining Lord of the Worlds,
The Mercy Full, The Bestower of Mercy*

مَلِكِ يَوْمِ الدِّينِ

MĀLIKI YAWMI-D-DĪN

Master of the Day of Requital

إِيَّاكَ نَعْبُدُ وَإِيَّاكَ نَسْتَعِينُ

ʾIYYĀKA NAʿBUDU WA ʾIYYĀKA NASTAʿĪN

To You our worship — and to You our petitions

أَهْدِنَا الصِّرَاطَ الْمُسْتَقِيمَ

ʾIHDINĀ-Ṣ-ṢIRĀṬA-L-MUSTAQĪM

Guide us on the Straight Path

صِرَاطَ الَّذِينَ أَنْعَمْتَ عَلَيْهِمْ
غَيْرِ الْمَغْضُوبِ عَلَيْهِمْ وَلَا الضَّالِّينَ

ṢIRĀṬA-L-LADḥĪNĀ ʾANʿAMTA ʿALAYHIM
GḥAYRI-L-MAGḥḌŪBĪ ʿALAYHIM WA LĀ-Ḍ-ḌĀĀLLĪN

*The Path of those upon whom You have bestowed blessings
not that of those upon whom is Your Wrath or who are astray.*
{1:1-7}

آمِينَ

ĀĀĀMĪN

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ
لَهُ الْمُلْكُ وَ لَهُ الْحَمْدُ وَ هُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ

LĀĀ'ILĀHA 'ILLĀ-LLĀHU WAḤDAHU LĀ SHARĪKA LAH •
LAHU-L-MULKU WA LAHU-L-ḤAMDU
WA HUWA 'ALĀ KULLI SHAY'IN QADĪR •

{1x}

There is no deity other than Allāh the One without a partner.
His is the Dominion and to Him is the Praise and He has Power over all things.



LĀĀ'ILĀHA 'ILLĀ-LLĀH
{11-33-99x}

اَللّٰهُمَّ اِنَّا نَتَوَجَّهُ مُسَافِرِيْنَ بِارْوَاْحِنَا
اِلَى حَضْرَةِ قُدْسِكَ بِسِرِّ: اَسْمِكَ الْعَظِيْمِ الْاَعْظَمِ

ALLĀHUMMA 'INNĀ NATAWAJJAHU MUSĀFIRĪNA BI-'ARWĀḤINĀ-
'ILĀ ḤAḌRATI QUDĀSIKA BI-SIRRI 'ISMIKA-L-'ADḤĪMI-L-'A'DḤĀM

Oh Allāh, We orient our selves that we may travel in our spirits
to Your Holy Presence by the Secret of Your Most Exalted Sublime Name.



ALLĀĀĀĀĀĀH
{11-33-99x}

هُوَ اللَّهُ رَبُّنَا حَاضِرٌ لَا يَغِيبُ أَبَدًا
هُوَ اللَّهُ الَّذِي لَا إِلَهَ إِلَّا هُوَ

HUWA-LLĀHU RABBUNĀ HĀDIRUL-LĀ YAGḥĪBU ʾABADĀ •
HUWA-LLĀHU-L-LADḥĪ LĀĀ ʾILĀHA ʾILLĀ HUW

He is Allāh, our Lord — present and never absent
He is Allāh that there is no other than He.



HUUUUUUUUW
{7-11-33-99x}

دَائِمُ الْوُجُودِ • تُحْيِي وَتُمِيتُ •
وَ أَنْتَ حَيٌّ لَا تَمُوتُ أَبَدًا • أَنْتَ اللَّهُ رَبُّنَا

DĀʾIMU-L-WUJŪDĀ • TUḥYĪ WA TUMĪT •
WA ʾANTA ḤAYYUL-L-LĀ TAMŪTU ʾABADĀ • ʾANTA-LLĀHU RABBUNĀ

Eternally Existing—You give life and You give death —
You are Living and You never die — You are Allāh, our Lord.



HAYYYYYYY
{7-11-33-99x}

دَائِمُ الْقِيَامِ بِتَدْبِيرِ شُؤْنِ خَلْقِكَ،
بِقُدْرَتِكَ وَكَرَمِكَ وَرَحْمَتِكَ أَنْتَ اللَّهُ رَبُّنَا

DĀ'IMU-L-QIYĀM BI-TADĀBĪRI Sh'ŪNI Kh'ALQIH •
BI-QUDĀRĀTIKA WAKĀRAMIKA WA RAḤMATIKA •
'ANTA-LLĀHU RABBUNĀ

Eternally Everlasting — You manage the affairs of Your creation
by Your Power and Your Generosity and Your Mercy — You are Allāh, our Lord.



QAYYŪMŪŪŪŪMMMMMM
{7-11-33x}

تُحِيطُ بِالْكَوْنِ وَمَا فِيهِ، تُحِيطُ وَتَعْلَمُ
السَّرَائِرَ مَا خَفِيَ مِنْهَا وَمَا هُوَ ظَاهِرٌ. أَنْتَ اللَّهُ رَبُّنَا

TUHĪTU BI-L-KAWNI WAMĀ FIH • TUHĪTU WA TĀLAMU-S-SARĀ'IRA MĀ
Kh'ĀFĪ MINHĀ WA MĀ HUWA Dh'AHIR • 'ANTA-LLĀHU RABBUNĀ

You encompass every thing that is and all that is in it.
You encompass what is hidden in the secrets and what appears from out of them —
You are Allāh, our Lord.



MUḤĪMĪMĪMĪTĀ
{7-11-33x}

يَا مَنْ أَنْتَ فِي عُلُوكَ قَرِيبٌ،
بَلْ أَقْرَبُ إِلَيْنَا مِنْ حَبْلِ الْوَرِيدِ، أَنْتَ اللَّهُ رَبُّنَا

YĀ MAN ḌANTAḤI ḤULUWWIKA QARĪBĀ •
BAL ḌAQĀRABU ḌILAYNĀ MIN ḤABĪLI-L-WARĪDĀ • ḌANTA-LLĀHU RABBUNĀ

Oh You who in Your Exalted Sublimity is Near.
Nearer than our jugular vein — You are Allāh, our Lord.



QARĪBĀ
{7-11-33x}

تُجِيبُ الْمُضْطَرَّ إِذَا دَعَاكَمُ وَ تَكْشِفُ السُّوءَ
يَا نِعَمَ الْمُجِيبُ، أَنْتَ اللَّهُ رَبُّنَا

TUJĪBU-L-MUḤṬARRĀ ḌIDḤĀ DAḤĀHU WATAKSHĪFU-S-SŪŪ •
YĀNIḤMAL-MUJĪBĀ • ḌANTA-LLĀHU RABBUNĀ

You answer the desperate one if he calls You — You erase the evil.
Oh Most Gracious Respondent — You are Allāh, our Lord.



MUJĪBĀ
{7-11-33x}

Oh Beloved, make the veil on my heart to vanish,
hear my cry and open my heart with Your Light.
Oh You Who love those whose hearts are broken for Your sake —
You are Allāh, our Lord.

Oh Allāh, grant me Light and make vast my Light and make me to be Light.
Enlighten me oh You Who are Light upon Light.

نَسَا لَكَ اَللّٰهُمَّ
 يَا مُحِيطُ يَا قَرِيبُ يَا مُجِيبُ يَا رَحِيْمُ يَا وَدُوْدُ،
 اَنْ تَشْفِيَنَا مِنْ جَمِيعِ اَمْرَاضِنَا وَهُمُوْمِنَا وَ اَحْزَانِنَا،
 وَمِنْ كُلِّ سِحْرِ وَحَسَدٍ، وَمِنْ كُلِّ شَرٍّ اَصَابَنَا،
 وَمِنْ صَدَا الْقُلُوْبِ وَالْغَفْلَاتِ،
 وَمِنْ كُلِّ حِجَابٍ يَحْجُبُنَا عَنْ اَنْوَارِكَ وَ اَمْدَادِكَ وَ رَحْمَاتِكَ،
 فَلَا شِفَاءَ اِلَّا شِفَاؤُكَ

NAS'A LUKA-LLĀHUMMA
 YA MUḤĪTU YĀ QARĪBU YĀ MUJĪBU YĀ RAḤĪMU YĀ WADŪDā •
 ʾAN TASHFĪNĀ MIN JAMĪʿI ʾAMRĀDINĀ WA HUMŪMINĀ WA ʾAḤZĀNINĀ •
 WA MIN KULLI SIHRI WAḤASADā • WA MIN KULLI SHARRI ʾAṢĀBANĀ •
 WA MIN ṢADĀ-L-QULŪBI WA-L-ĠḤĀFALĀT •
 WA MIN KULLI ḤIJĀBIŶY-YAḤJUBUNĀ
 ʿAN ʾANWĀRIKA WA ʾAMDĀDIKA WA RAḤMĀTĪK •
 FA-LĀ SHIFĀʾA ʾILĀ SHIFĀʾUK •

We beseech You Oh Allāh,
 Oh All-Encompassing, Oh Near, Oh Who Answers, Oh Mercy Full, Oh Love.
 Cure us from all our sicknesses and worries and sorrows,
 and from all magic and envy
 and evil that may befall us.
 And from a rusting heart and heedlessness.
 And from all veils that veil us
 from Your Lights and Your Support and Your Merciful Compassion.
 There is no healing but Your Healing.



YĀSHĀFĪ
 {7x}

اَللّٰهُمَّ فَتَحَتْ لَنَا اَبْوَابَ الطَّافِكَ الْخَفِيَّةِ الْمَانِعَةِ
حُصُونَهَا مِنْ كُلِّ بَلِيَّةٍ • يَا مَنْ يَقُولُ لِلشَّيْءِ كُنْ فَيَكُونُ

ALLĀHUMMA FATAHAT LANĀ 'ABĀWĀBA 'ALTĀFIKA-L-KHAFIYYATI-L-
MĀNFI'ATI-ḤUṢŪNUHĀ MIN KULLI BALIYYAH •
YĀ MA'NY-YAQŪLU LI-SH-SHAYIN KUN FAYAKŪN

Oh Allāh, open to us the doors of Your Hidden Infinite Tender Mercy
that shield us from every misfortune — Oh You, Who says to a thing, "Be" and it is.



YĀ LATĪF
{99x}

يَا لَطِيفُ الْلَطْفَا أَنْتَ حَسْبِي وَكَفَا
يَا لَطِيفُ الْلَطْفَا أَنْتَ حَسْبِي وَكَفَا
يَا لَطِيفُ الْلَطْفَا أَنْتَ حَسْبِي وَكَفَا
يَا لَطِيفُ الْطُفْ بِنَا يَا لَطِيفُ يَا لَطِيفُ
يَا لَطِيفُ الْطُفْ بِنَا يَا لَطِيفُ يَا لَطِيفُ
يَا لَطِيفُ الْطُفْ بِنَا يَا لَطِيفُ يَا لَطِيفُ

YĀ LATĪFU-L-LUṬAFĀ 'ANTA ḤASBĪ WA KAFĀ
YĀ LATĪFU-L-LUṬAFĀ 'ANTA ḤASBĪ WA KAFĀ
YĀ LATĪFU-L-LUṬAFĀ 'ANTA ḤASBĪ WA KAFĀ

YĀ LATĪFU-L-ṬUF BINĀ YĀ LATĪFU YĀ LATĪF
YĀ LATĪFU-L-ṬUF BINĀ YĀ LATĪFU YĀ LATĪF
YĀ LATĪFU-L-ṬUF BINĀ YĀ LATĪFU YĀ LATĪF

Oh Most Tender of the Tender, Your Compensation suffices,
Oh Tender One, Permeate us with Tenderness, Oh So Rare, Oh So Subtle.

{3x}

— on completion read last three sūrahs —



Seoul

*Latitude = 37°34' North * Longitude = 127°00' East*
Time = GMT + 9h
Qibla = 74°17' West
from North